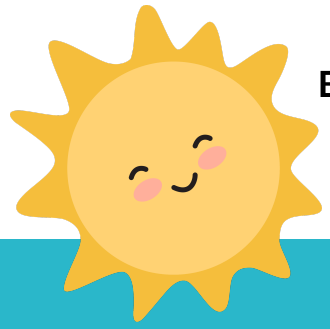
Rest to Refresh: 6 Sleep Hygiene Habits for Educators



Equipping Early Childhood Educators with 6 practical, actionable sleep hygiene habits to prevent burnout, protect well-being, and maintain high-quality care.



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Maintain Consistent Schedule

Set regular bedtimes and wake times daily.

Create Screen-Free Wind-Down



Disconnect from screens one hour before sleep.



Check Caffeine Timing

Avoid afternoon coffee as caffeine lasts eight hours.

Optimize Bedroom Environment



Keep sleeping spaces cool, dark, and work-free.



Prioritize Daylight Movement

Spend time outdoors and keep physically active daily.

Write Evening To-Do List



Offload tomorrow's tasks onto paper before bed.